



Two Clubhouse youth and FAIHP Youth Council members, Aldo D. and Alicia F., traveled to Washington D.C. for SAMHSA's (Substance Abuse and Mental Health Services Administration) first ever Native Youth Conference! Youth from all around the country attended.



"I went to Washington D.C. to the SAMHSA Native Youth Conference because of a grant given to FAIHP called the Systems of Care. I learned that one person can make a change in the world, no matter how old or what race you are; everyone has a voice in the community. At the end of the conference I realized that I am not alone and that each day that goes by, I should be proud to be a Native American and that I am a leader! Being a leader is helping me gain the courage to start a Native group at my school. This will help them not be afraid and show some pride in themselves." – Alicia F.



"What I have learned is that we, young Native people, have a voice. We are leaders in the community. So I plan to help Native youth that don't attend the Clubhouse or Youth Council to help them come back because they are future leaders in the community. Also to help with prevention class so that they can remain strong in our community. I have learned a lot at the SAMHSA conference and met new people with some of the same problems in all of our communities. I also learned that we can change problems in our community by using our voices." – Aldo D.



Youth also had the opportunity to hear from motivational speaker, Chance Rush, who encouraged youth to always be a leader and a good influence even if it is sometimes hard.

Our community is very proud of these two youth for being able to represent the Fresno Native community in a good way and we pray that they take what they learned to share it with others.

Follow Us on:



We are looking for dedicated volunteers, if you would like to volunteer, please contact our office at 559-320-0490

Happy Holidays.

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## YOUTH NEWS & EVENTS!

Our Clubhouse youth have been very busy in the month of November gathering, dancing and drumming at Clubhouse as we celebrate Native American Month! A small group of the youth had the opportunity to go gather sage from the Woodward Park Native garden. They also were taught how to cut the sage in a way to keep the plant thriving to produce more good medicine for our people. The youth were also taught the meaning of and how to make offerings of tobacco and prayers.



Clubhouse youth also participated in the Fresno 94th Veterans Day Parade and had a Truck provided by Quality Trucking. Clubhouse Kids and their parents helped decorate and celebrated our Native Veterans.



Another event that we had was a Stew Sale fundraiser for GONA camp. The kids from Clubhouse helped out by passing out delicious bowls of stew made by our amazing cook

Anthony L. We're hoping that this is the first of many fundraisers that the kids with support from family and the community will help promote our GONA.

We also had a chance to have a Peacekeepers training for the kids. The training teaches them how to identify conflicts and how



to resolve them, they also received leadership tools and techniques through team building. We hope the youth will use the skills they learned to help at camp and also in their own lives. We hope that with more training in the coming year that the youth will be ready to take on more of a role at our GONA.

Closing the Month of November we celebrated Thanksgiving by combining Clubhouse and WISE too form CLUBWISE! We had the

youth honor our elders by preparing and serving a Thanksgiving Feast and had dancing and drumming from some of our local youth. We would like to say thank you to Delane B. and his drummers. It was great turnout of over 70 people attending which shows the strength of our community!



**Clubhouse would like announce that Tony F. as our Star Student of Month.**

Tony has shown a great deal of growth and is also become a dedicated clubhouse member. Tony has slowly but surely emerged as a young positive role model for the younger kids and his community. Tony also has been not only helping out the kids at clubhouse but also the elders in our community YOU ROCK, KEEP UP THE GOOD WORK TONY!



# Healthy Holidays

*With the holidays around the corner, it can be difficult to balance a healthy lifestyle with big family celebrations. During the holidays, it may seem like you have no choice but to overeat and overindulge in your favorite holiday dishes. To make the holidays enjoyable without hurting your waistline, try to follow these simple tips:*

- During the holidays, make realistic goals in order to ease your stress. Instead of trying to lose weight, make it a goal to maintain your weight.
- If you know that you will be attending a holiday party later in the day, try to balance it out by making healthy choices during the day.
- Try to go for an extra walk or get in an extra workout during the days that you attend a holiday event.
- Try to use smaller plates if possible in order to control portion sizes.
- Eat a healthy snack before going to a party, such as a small handful of nuts or an apple, to ease your hunger.
- To ease food temptations, try to socialize in a room that doesn't have the buffet table.
- Sip on a glass of water while you socialize
- Keep in mind that beverages contain calories as well, both alcoholic and non-alcoholic beverages.
- Try to fill up on the healthier options first



## Holiday Food Substitutions

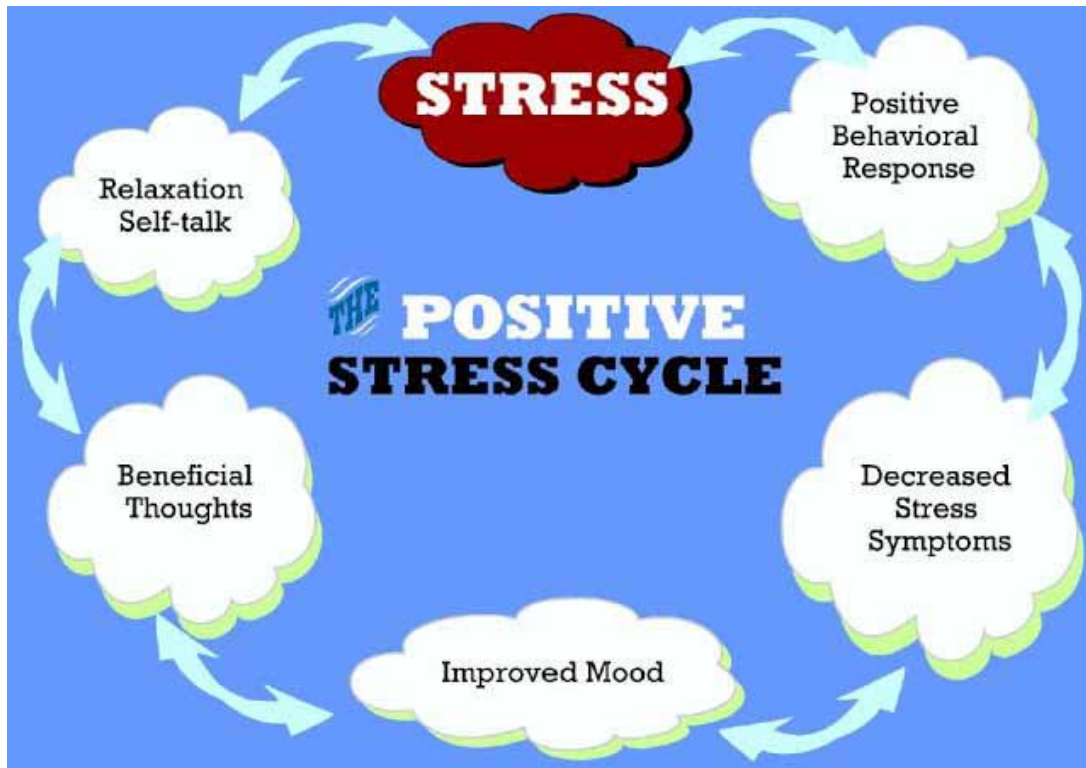
- Turkey – Eat roasted turkey breast without the skin and save 11 grams of saturated fat per 3 oz serving (3oz serving = about the size of a deck of cards).
- Gravy — Refrigerate the gravy to harden fat and then skim the fat off. This will save about 56 gm of fat per cup.
- Mashed Potatoes — Use skim milk, chicken broth, garlic or garlic powder, and parmesan cheese instead of whole milk and butter to cut fat and calories
- Desserts — Make a crustless pumpkin pie by substituting two egg whites for each whole egg in baked recipes. Replace heavy cream with evaporated skim milk in cheesecakes and cream pies. Save calories by topping cakes with fresh fruit or a sprinkle of powdered sugar instead of fattening frosting.

<http://www.eatright.org/Public/content.aspx?id=4294967607>



Holiday Stress can be overwhelming, here are some helpful hints.  
It's your stress....deal with it by choosing your 'tude

-Good attitude



*WE NEED STRESS TO FOCUS, but TOO MUCH can OVERWHELM our senses thus I challenge and encourage you to take these 5 steps:*

- 1 Actively note when you are stressed. Honesty with yourself and how you feel brings forward your emotions.
- 2 Focus on your breathing, take a deep breath and exhale. A little extra oxygen can sure help you make a good decision.
- 3 What are you thinking? Are they problem thoughts leading to more problems or solutions?
- 4 Think of something grateful. A grateful thought is more likely to lead toward a grateful action.
- 5 Choose your attitude. We are wired to think, so think in a positive direction.

# FAIHP CBANS PROGRAM NEWS

## Bring on the Holidays; it is the time of year once again!

There are many things surrounding the holiday's busy schedules, lots of traveling and best of all family and friends. With the seasonal change and the upcoming events, holidays can be a very stressful time for some. It is always good to take time and step back to think about ourselves. We need to think of the effort that we put forth to provide the best experiences for our families during this time of year. Whether it is hosting a family dinner or having to take those long drives traveling just remember that you are the most important person to you.

### Here are some quick tips to remember:

- Aim for a brisk walk for at least 30 minutes a day
- Take time to say NO at least once a day. By not taking on more tasks this will give you more time to take care of yourself. Do less enjoy more!
- Laugh more, it reduces the stress hormones.
- Don't mind the small stuff; perfection is not the key to being stress free. Take time to enjoy those around you.
- Get away from your old customs and enjoy making new traditions.
- Take time to listen to the Music you love.
- It is okay to slow down, DO NOT over schedule!
- Most of all stay positive, keep the positive vibes around as much as possible.

CBANS has enjoyed a great month in the community reaching out to those who attended the various celebrations for Native American Heritage Month. CBANS enjoyed attending the Native Youth Education Conference

held at Fresno City College. It is always a great blessing to see so many familiar faces. CBANS would like to thank the Native American Inter-Tribal Student Association (NAISA) for including us in the festivities and being a part of this prominent event. NAISA did an outstanding job getting all the youth together and participating. Not only was the education conference a great event there was also an unveiling of the Yokut Plaza. It was an honor to see such unity and community involvement at these two noteworthy occasions.

CBANS has continued working with the elders, providing a fun safe place for them to come enjoy each other's company.



Fresno WISE and the Clubhouse joined together for the Fall Feast turkey luncheon. There was lots of drumming, singing and dancing. There was also gift giving from the youth and storytelling from the elders. This was a very enjoyable event for the elders and the youth. Cold Springs Elders were presented with very interesting information on the local area and it's tribes. The presentation was done by Brenda Harrison, who had very remarkable facts on the local tribes, some familiar and some not so familiar. Overall it was an educating experience and CBANS would like to say "Thank You Brenda."

CBANS will plan for the holidays and look forward to making this season special for all those who join in. For more details on any of the activities, we are just a phone call away.



**WISE Support Group: TBA Call for details**  
**Stress Management: TBA Call for details**  
**Tues.Tea: Twice a month TBA Call for details**  
**Wellbriety: Weds at 7:00pm - 9:30pm**

Times and Dates are Subject to change Please call Ruben Garcia at (559) 320-0490



# MSPI NEWS

At the end of November, as a part of the Methamphetamine and Suicide Prevention Initiative, we held our first GONA (Gathering of Native Americans) Peacekeepers Training.

GONA Peacekeepers have the responsibility to get other youth involved, recognize conflicts, and help



to resolve those conflicts. Youth from Fresno, Cold Springs, Big Sandy, and North Fork all came together for this event.

There was focus on the four GONA principles of Belonging, Mastery, Interdependence, and Generosity. Staff and volunteers facilitated some icebreakers, energizers, and conversations to open



up youth in talking about what makes a great leader and how they can become even better leaders. Needless to say, they quickly

started to give their input on issues at GONA and even took the lead in offering prayers and conducting their own energizers. It was wonderful to see.

The event was filled with so much laughter and great conversations. As a part of Generosity, adults gifted beaded feathers to the youth and thanked them for giving their all. These young leaders showed that they are compassionate and want to help their community as well as improve themselves. We hope these youth continue to strengthen the community and we look forward to the next meeting!



- Special thanks to our dedicated volunteers who helped put this together: Hector, Anthony, Darlene, Laura, Rieka, Kelly, Keri Jo, and Johanna. We couldn't have made it the wonderful event that it was without you all!



# A Narrative Approach to Change- We Live by the Stories We Tell

As Native people we have for thousands of years lived by the stories we tell; our Creation stories and the many stories of how to properly live our lives, what to avoid and what happens when we don't pay attention are all stories that have kept us strong as a people.

As Native people we love to tell stories about each other and ourselves. It is one of the ways in which we connect and stay current. We hope that the story told about us is a good story; a story of our courage, generosity, connection to family, spirit, and our special abilities. These are stories that are easy to embrace, They serve us well and make us proud.

So what happens when our life's experience is painful or when we have made mistakes or have disappointed our family? What happens when these stories over-shadow our good stories and cause us more pain, shame or cause our loved ones to expect only the worst? More importantly what happens when we believe the stories of our pain and failure and no longer see the possibilities of who we truly are or hope to be?

Narrative therapy is one of many therapeutic approaches that I believe is a natural fit for Native people. It is a way to change the problem story about ourselves that does not fit with who we are,

to a more preferred story of who we want to be. We accomplish this by remembering and resurrecting our good intentions, hopes and experiences of the

past so that these are the stories that inform our present and future behavior. We learn to separate our problems from who we are. We remember that the problem is the problem not the person. This allows for an individual to take action against the problem and finally we notice the steps we take, however small that build our happy future.

We share these stories

of success with our teachers, family and loved ones so that they too know that we are committed to a different path for ourselves and can celebrate and encourage our new story of stability and success.

To learn more about personal change, contact Joyce Burel, Licensed Marriage and Family Therapist/Chukchansi at FAIHP.





## DECEMBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  JUST WALK 11-12PM at Manchester Mall	2	3  Exercise Class 11-12  Wellbriety 7:00-9:30pm	4	5	6
7	8  JUST WALK 11-12PM at Manchester Mall	9	10  Exercise Class 11-12  Wellbriety 7:00-9:30pm	11	12	13
14	15  Community Advisory Meeting 10-12  JUST WALK 11-12PM at Manchester Mall	16	17 Chanukkah  Exercise Class 11-12  Wellbriety 7:00-9:30pm	18  Diabetes Class 1pm-3pm	19	20
21 Dec. Solstice	22  JUST WALK 11-12PM at Manchester Mall	23  ClubWISE	24 Christmas Eve  Office Closed	25 Christmas Day	26	27
28	29  JUST WALK 11-12PM at Manchester Mall	30	31 New Year's Eve  Office Closed			
		November 2014 S M T W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		January 2015 S M T W Th F Sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		

## JANUARY 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 New Year's Day	2	3
			Office Closed			
4	5 JUST WALK 11-12PM at Manchester Mall	6	7 Exercise Class 11-12  Wellbriety 7:00-9:30pm	8  Fresno WISE 12-2pm	9	10
11	12  JUST WALK 11-12PM at Manchester Mall	13	14 Exercise Class 11-12  Wellbriety 7:00-9:30pm	15  Diabetes Class 1pm-3pm	16	17
18	19 ML King Day  Office Closed	20	21 Exercise Class 11-12  Wellbriety 7:00-9:30pm	22  Fresno WISE 12-2pm	23	24
25	26 Community Advisory Meeting 10-12  JUST WALK 11-12PM at Manchester Mall	27	28 Exercise Class 11-12  Wellbriety 7:00-9:30pm	29	30	31
1	2 Groundhog Day  JUST WALK 11-12PM at Manchester Mall	December 2014 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		February 2015 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28		

All events are subject to change. Please call for more info (559)320-0490



# AMERICAN INDIAN BEADWORK CLASS

INSTRUCTOR: PASCAL CASEY – SAN CARLOS APACHE

CLASS STARTS ON NOVEMBER 18, 2014

TUESDAYS & THURSDAYS

5:00PM – 7:30PM

AT FRESNO AMERICAN INDIAN HEALTH PROJECT

1551 E. SHAW AVE., SUITE 139

- 12 SESSIONS
- CLASS CURRICULUM
- BEAD MATERIALS TO START
- READING MATERIALS TO EMPOWER
- CLASS LIMIT 15
- AGES 12 AND UP



TYPES OF BEADING: LOOM, LAZY STITCH AND PEYOTE

• MUST PROVIDE OWN MATERIALS •

CALL FAIHP TO RESERVE YOUR SPOT 559-320-0490

Disclaimer: Any opinions, written or verbally expressed in this class do not necessarily reflect or are shared by FAIHP.  
If you have any questions, feel free contact FAIHP at 559-320-0490



# FAIHP

Fresno American Indian Health Project

1551 E. Shaw Avenue, Ste. 139

Fresno, CA 93710

559.320.0490

Fax: 559.320.0494

**[www.faihp.org](http://www.faihp.org)**

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## Fresno American Indian Health Project

FAIHP is a nonprofit 501(c)3 organization and depends on support from the community. All donations are tax-deductible. If you or an individual or business you know would like to make a contribution they may do so by check or by logging on our website & utilizing the PayPal "donate" link.

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ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

DONATION AMOUNT: \_\_\_\_\_

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### Our services include:

- Health Screenings
- Mental Health Services
- Alcohol & Drug Prevention
- Health Education Classes
- Public Health Nurse Home Visits
- Case Management
- Transportation
- Health Referrals
- Youth After School Program
- Nutrition counseling

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